

## **Frequently Asked Questions in Fitness Center**

### **1. Parent's ask the question: How old do my children need to be to use the fitness room?**

Minimum age for unsupervised use of the CRC is 13 years old.

Children between 9-12 years old must always be under parent supervision while in the CRC Fitness Center. Children ages 9-10 years old may use the cardio equipment. Children ages 11-12 years old have access to cardio, resistance machine and free weight equipment in the CRC Fitness Center once they have participated in our Youth Strength Training Program.

Youth ages 9-12 years old are not permitted in the CRC Fitness Center between 5-8pm Monday through Thursday.

### **2. Can you change the TV station to....**

We currently have 4 televisions in the Fitness Room. Each television is dedicated to either sports, news, family friendly or local channels.

Our news channel is the most popular in the Fitness Area. In order to provide a variety of different options we have established a 2-hour block for each station that is rotated throughout the day. However, upon request, members may ask for channels to be changed, only when other members are not engaged and it is permitted to do so with out ill respect to others in the Fitness Area. We are encouraged to maintain respect and courteous towards all members to ensure customer service is equally provided.

Members are welcome to bring their own music for enjoyment and headsets to enjoy any of the entertainment that is provided in the Fitness Room.

### **3. Do you have towel service?**

Unfortunately, we do not have a towel service provided here in the Fitness Center. We recommend that you do bring your own. However, there are towels available for purchase at the check-in counter.

### **4. What is FitLinxx and how does it benefit me?**

FitLinxx is a computerized system that attaches directly to existing fitness equipment, adding an extraordinary "intelligent" dimension to the workout experience for the first time.

FitLinxx "learns" users' programs, "coaches" them individually through their workout for better form, safety and confidence during every exercise, and "tracks" their progress over time.

On strength equipment, FitLinxx appears as an easy-to-read touch-screen display that's attached to the machine. For cardiovascular equipment, each machine's existing console is simply networked to FitLinxx. Users simply tap in their PIN to display their targets - FitLinxx then coaches them on speed, form, heart rate, etc., and tracks the workout session - every rep, set and step.

Behind the scenes, all the exercise machines are networked into a central database, providing exercisers and staff access to a wealth of information on individual progress and a unique set of

motivational tools. The system can be accessed on workout-floor kiosks, at the staff computer station, or anytime/anywhere on the web.

By adding this unique mental edge to physical training, FitLinxx provides better results for exercisers and staff and higher attraction and retention rates for fitness centers. That's an edge for everyone.

## **5. What does the FitLinxx Orientation teach me?**

Exercise to a customized program geared to your goals, needs and constraints.

- Receive personalized support from your fitness instructor.
- Get immediate feedback on your precise exercise movements.
- Track your workout progress.
- Enhance your overall lifestyle at [www.fitlinxx.com](http://www.fitlinxx.com), where you can log workouts, find articles on health and fitness, wellness and nutrition, and view member success stories.

## **6. How can I track my program progress?**

You may track your progress via the Fitlinxx Kiosk located within the Fitness Center and also one near the CRC entry.

You may also register online at [www.fitlinxx.com](http://www.fitlinxx.com) to identify and log your exercise routines to track your personal success.

## **7. Do you have Personal Trainers available and what is the cost?**

Personal Trainers are available. There are multiple packages available for purchase and are all identified at the front desk. All packages vary in cost and different in personal training goals.

Packages vary from:

6-sessions  
12-sessions  
16-sessions  
18-sessions  
24-sessions

## **8. What is proper "gym etiquette? (sharing machines/weights between sets, wiping down machines after use, using cardio for 30 min only etc)**

### **Equipment Rules**

Spray bottles with disinfectant and paper towels are available to wipe down the machines after you have finished working out.

### **Equipment Time Limits**

There is a 30-minute usage maximum with a 2-min cool-down period (when members and guests are waiting) on the cardiovascular machines.

To protect our members, please do not use video recorders, cameras and other visual recording devices in locker rooms or other restroom facilities. Members are welcome to take videos or photos of their own children in classes and programs. Please be courteous and check with other parents before including their children in photos.

To be respectful of other members, please do not use cell phones in locker rooms, restrooms and all workout areas. In workout areas, you may keep your phone on vibrate and leave the room if you choose to take a call.

## **9. What are the Fitness Center rules and policies?**

Guidelines have been established by the YMCA Health and Fitness Department to ensure an enjoyable, professionally managed fitness program. We appreciate your cooperation.

- Please have appropriate attire in Fitness Room
- Please be courteous and use lockers for gym bags and equipment so that Fitness Area is clear of any hazards.
- Please place cell phones on vibrate or silent. If you must answer your phone, please be kind and respectable of members and guests in the area and answer in the hallway or nearby vicinity. Cell phone frequency also engages with Polar Heart Rate monitors and may provide inaccurate readings with cardiovascular machines.
- Please be courteous and re-rack weights on assigned weight trees
- Please do not slam the weights on the machines